

Sitting down

*Sitting here is like sitting
under the Bodhi tree.*

*My body is mindfulness
itself, calm and at
ease, free from all
distraction.*



Inviting the bell

*Body, speech, and mind in
perfect oneness.*

*I send my heart along with the
sound of the bell.*

*May the hearers awaken from
forgetfulness and transcend all
anxiety and sorrow.*

